

## January - February 2018

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### *Spaghetti Fundraiser*

The annual Spaghetti Fundraiser will be March 2. Proceeds help support programs and services for homebound seniors in Carteret County. See page 3 for details.

### *Savannah Trip*

Travel with the Friends of Aging to Savannah, Georgia & The Golden Isles on May 14 - 16, 2018. See page 3 for additional information.

### *AARP Tax Aide*

Tax aide will begin on February 1, 2018 and continue through April 13. See page 4 for more details.



## UPCOMING EVENTS



- January 1:** Center Closed for New Year's
- January 3:** New Year's Celebration - 11:15
- January 5:** Friday Night Dance - 7:30 to 11 PM
- January 9:** Senior Scams Seminar - 10:30
- January 10:** Transportation Seminar - 10:00
- January 13:** Martin Luther King, Jr. Observance - 11:15
- January 15:** Center Closed for Martin Luther King, Jr. Day
- January 18:** Transportation Seminar - 10:00 - 11:00
- January 19:** Friday Night Dance - 7:30—11 PM
- January 30:** Elder Abuse Seminar - 10:30
- February 2:** Friday Night Dance - 7:30 to 11 PM
- February 2:** Groundhog Day Celebration - 11:15
- February 13:** Mardi Gras Parade - 10:30
- February 14:** Valentine's Day Party - 10:30
- February 16:** Valentine's Dance - 7:30 to 11 PM
- February 19:** President's Day Activity - 11:15



### MOVIE MATINEE



#### January

- 8** *Miss Congeniality*
- 15** *Bewitched*
- 22** *The Burns & Allen Show*
- 29** *The Money Pit*

#### February

- 5** *The Way We Were*
- 12** *There Goes the Bride*
- 19** *My Life As A Dog*
- 27** *IQ*



*Join us every Monday starting at 12:15 p.m. in Classroom 118*



# FRIENDS OF AGING



## SPAGHETTI FUNDRAISER

The annual Friends of Aging's annual spaghetti dinner fundraiser will be Friday, March 2 from 5 to 7 p.m. The cost is \$8.00 per plate for dine-in or take out and includes spaghetti, salad, bread, and dessert. To purchase tickets, please see Cindy Fields at the Leon Mann Center. All orders must be placed in advance.

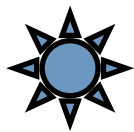
Proceeds support services for the "at-risk" senior community of Carteret County.



## SAVANNAH TRIP

Travel with the Friends of Aging to Savannah, Georgia and the Golden Isles on May 14 - May 16, 2018. Price per person is \$390 (based on double occupancy) and includes: 2 nights hotel accommodations, 2 breakfasts at your hotel, 2 wonderful dinners and guided tours of historic Savannah, St. Simons Island, and a visit to Famous River Street. A \$50 deposit is required at the time of registration to hold your seat. Space is limited and seats are available on a first come, first paid basis. Travel protection is available and can be purchased at the time of registration for \$51/person. If you have any questions about the trip, please contact Beth Simpson or Cindy Fields at 252-247-2626.





# AARP TAX AIDE PROGRAM



Trained volunteers from AARP will once again be at the Center this year to help you with your annual federal and state income tax filings. They will be in MP-A February 1, 2018 through April 13, 2018 every Thursday and Friday from 9:00 am until 2:00 pm. It is first come, first served; appointments are not required.

Please be sure to remember to bring the following items in order to have your tax return prepared:

- Government-issued ID for taxpayer and spouse
- Social Security card for everyone on the return
- Last year's tax return
- All documents pertaining to income
- Documents/receipts pertaining to medical, tax, charity, and business
- Any childcare expenses including provider name and ID number
- Check book or official bank document showing bank account and routing number for direct deposit
- Two copies of any Power of Attorney, divorce decree allowing dependent claim for tax purposes, and complex broker statements, if appropriate.

*To help make things easier on taxpayers, the AARP tax aide volunteers ask that you stop by the site and pick up an intake sheet to complete at home. Upon returning with the completed intake sheet, all identification and organized tax documents, the entire process can be somewhat expedited to alleviate the wait time. If taxpayers are uncertain of what documents are needed, or they need to determine if they have a tax situation outside the scope of our volunteers' training that would require them to visit a professional preparer, a prepared list is available at the site.*





## Tips for Better Eating for Seniors with Low Appetite

### 1. Have a regular meal and snack schedule

Having a regular daily routine and serving food at roughly the same times every day helps one's body be ready to eat at those times.

### 2. Serve smaller portions of high nutrient foods

Some seniors feel overwhelmed if they see a large amount of food in front of them. Instead of a big plate, use smaller portions. Boost the healthy calories in those smaller servings by adding avocado, finely chopped meat, cheese, egg, peanut or other nut butters, and soft cheeses like ricotta.

### 3. Stop using utensils

The frustration of not being able to use a spoon, fork, or knife could make some older adults not want to eat at all. Enjoy foods that can be eaten without any utensils. Some suggestions: chicken strips or nuggets, fish sticks, meatballs, steamed or raw veggies like carrots, broccoli, bell pepper strips, or cucumber pieces.

### 4. Have plenty of easy-to-eat snacks on hand

Some seniors prefer to graze throughout the day rather than eat full meals. Some suggestions: cheese sticks or string cheese, full-fat yogurt, diced fruit, fresh or packaged, peanut butter and crackers, cheese and crackers, full-fat cottage cheese, or whole chocolate milk.

\*All suggestions are based on a diet for seniors who could be lacking in proper nutrition due to low appetite. Anyone whose appetite has diminished to the point of unintended weight loss should be seen by their physician. Also, those with specific dietary issues, such as diabetes, heart conditions, or other illnesses that require careful food monitoring should, of course, follow the directions of their medical professional.

*The above content was excerpted from [www.dailycaring.com](http://www.dailycaring.com)*



# MEMBER OPPORTUNITIES



## VOLUNTEER

We are always looking for new volunteers to help us keep this Center great! Available positions include: Home-Delivered Meals driver, class assistant, class instructors, library assistant, and more! Volunteer opportunities are not limited to just our Center's participants—adults young and old can join in on our volunteering fun!

If you or someone you know is interested, please see Carol for all available opportunities to enthusiastically contribute!

## CONTRIBUTE

The Home & Community Care Block grant that supports Congregate Nutrition, Home-Delivered Meals, Transportation, and Evidence-Based Health Promotion classes requires that participants be provided an opportunity to contribute to the cost of services they are receiving. Anyone wishing to donate may mail contributions to Carteret County Aging Services,  
3820 Galantis Drive, Morehead City, NC 28557 or deposit their donations at the specified consumer donation boxes located around the Center.

### **PLEASE BE ADVISED THAT:**

- A contribution is entirely voluntary and there is no obligation to contribute.
- All contributions collected will be used to expand services.
- Information about participation in consumer contributions shall be confidential.
- Services will not be reduced or terminated for failure to contribute.

Please contact Mary Kurek, Assistant Director, at the Senior Center (252-247-2626) if you have any questions regarding consumer contributions.



## INFORMATION AND ASSISTANCE



The Center is not just a place for recreational activities; our staff is trained to help you access important resources and services throughout Carteret County. If you need assistance to connect to resources for older adults throughout the community, we can help!

All too often, families with older adults are not prepared or ready to face a potential health issue and when the moment does strike, it can be a frantic and eye-opening experience for the family, who may not know where to begin to look for assistance. If you or someone you know needs help, please have them call us so that we can refer them to the right people and quickly get them on the road to recovery! Familiarize yourself with our list of services and programs we can connect you with, so when you need it, you'll know who to call!

### RESOURCES

Congregate Meals	Home-delivered meals	Mental health services
Disaster preparedness/ planning	Hospice care	Rehabilitation services
Durable medical equipment/ Assistive Devices	Housing Assistance	Reported suspected abuse, neglect or exploitation
Energy Assistance	In-home aid services	Respite care
Fitness and health promotion	Insurance counseling	Reverse mortgage counseling
Food Banks/Pantries	Job placement	Senior Games
General transportation	Legal services	Social Security benefits
Health screenings	Long-term care facilities	Support Groups
Home health services	Medicaid benefits	Tax preparation
Home repair/modification	Medicare benefits (A & B and Part D)	Telephone Reassurance
	Medical transportation	Wound Care

The most current Carteret County Financial Report is always available for viewing online at:  
<http://nc-carteretcounty.civicplus.com>

If you need help access these documents, please ask a Center staff member for assistance. **7**





## WINTER PREPARDNESS



January and February can bring some cold weather to our region, please keep these tips in mind as you prepare your home for those cold days ahead.

Never use a generator, grill, camp stove, or other gasoline, propane, natural gas, or charcoal burning devices inside your home, garage, basement, or any partially enclosed area.

- Use electric space heaters with automatic shut-off switches and non-glowing elements.
- Never place a space heater on top of furniture or near water.
- Keep heat sources at least 3 feet away from furniture and drapes
- Check your smoke alarms and carbon monoxide detector to make sure they are working.



Carteret County Emergency Services offers emergency notifications through Code Red, a telephone communication service that allows the County to notify citizens in case of major weather impacts, substantial utility outages, significant criminal situations, chemical spills, or gas leaks.

For more information or to sign up, call Emergency Services at 252-222-5841 or visit their website at: <http://www.carteretcountync.gov/138/Emergency-Services>.





# HAPPY BIRTHDAY

## JANUARY

1 BETTY	KNISH
2 MARY ANN	OLSEN
3 FRANKLIN	TOOTLE
4 MARGARET	BASS
5 DONALD	FUENTES
5 JOAN	ELLIS
5 CARROLL	BECKHAM
9 LORETTA	HETTLER
9 ARLENE	REECE
9 KATHLEEN	DILLINGHAM
10 ANNA	BRANCH
12 EARL	BAZEMORE
13 DIANE	COLTON
15 SYLVIA	KARASINSKI
15 GAIL	DEMBICKS
15 BILLY	LUTHER
17 SANDRA	PHILLIPS
19 JORINDA	MURPHY
19 BARBARA	SIMON-WATERS
21 LOVENIA	ACKLIN
23 LEON	BELTZ
25 BARBARA	DAWSON
25 SHEILA	EMANUEL
26 MARGARET	CARSON
27 BERNICE	NOBLES
27 HERBERT	PRYTHERCH
28 LINDSAY	KNIGHT
30 ERNEST	LEWIS
31 HELENE	DEGEORGE
31 NIKKI	WILSON

## FEBRUARY

1 PAT	HARBOUR	24 CLARA	GRIFFIN
2 MARGARET	NOLEN	25 FRANK	SPRINGLE
2 SUSAN	LANGDON	25 WILLIAM	DAVIS
2 KRISTINA	GINTAUTIENE	25 LAURA	MURPHY
2 NURIT	TESTI	26 LONNIE	HENDERSON
2 JOLENE	WALKER	26 TERRY	HOLT
3 TATIANA	MCNIEL	26 DEBORAH	MOORE
4 THOMAS	WALTON	27 GAYLE	KARASINSKI
5 KAREN	KEEGAN	28 MELBA	CARR
5 JACQUELINE	PIPKIN	28 LORRAINE	ROBERT
7 MOLLIE	JACOBS	28 EDITH	HOLT
8 PEGGY	HOLLANDSWORTH		
9 GLADYS	RANGE		
9 PATRICIA	NEAL		
9 CONSTANCE	MORRIS		
10 JOHN	TRAVERS		
10 JAMES	MURRAY		
11 NELLIE	KOHL		
15 DOROTHY	GRICE		
15 ANNA	THOMPSON		
16 BRIAN	FOWLER		
17 JEANETTE	COUCHMAN		
17 WILLIAM	HARBOUR		
18 PATRICIA	MCKIGNEY		
18 BETHINIEA	WARREN		
18 JUSTIN	NICHOLAS		
19 TRESSA	JONES		
20 ROBERT	MCMAMARA		
20 MARY	WESTER		
22 JOE	BEAM		

## STAFF DIRECTORY

Beth Simpson - Director • Mary Kurek - Assistant Director • Mary Dixon - Health & Wellness Coordinator

Cindy Fields - Activities/Resource Development Coordinator • Carol Neglic - Customer Service Representative

Mara Browder -Senior Administrative Assistant • Leigh Anne Batchelor - Office Assistant

Maureen Davis -Kitchen Services Coordinator • Diana France - Kitchen Services Coordinator

Kenneth Hester - Custodian • Building Monitors: Mike Galyon, Leslie Pake

## Like us on Facebook!

**3820 Galantis Drive, Morehead City, NC 28557**

**Phone: 252-247-2626**

**(Hours: Monday—Friday, 8:00 a.m. to 5:00 p.m.)**